

# **Analysis Of Knowledge Of Wus Ages (15-49 Years Old) About Personal Hygiene With Incidence Of Leaching In The Krian Health Center, Sidoarjo Area, 2020**

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## **ABSTRACT**

The high rate of vaginal discharge in the Krian Sidoarjo Puskesmas area is due to many women of childbearing age who do not know about vaginal discharge so they consider vaginal discharge to be a normal and trivial matter, in addition to the shame when women experience vaginal discharge often makes women reluctant to consult a doctor. Research Objectives Analyzing the knowledge of women aged 15-49 years about personal hygiene with the occurrence of vaginal discharge in the Krian Public Health Center, Sidoarjo. Research methods using analytic methods with cross sectional approach. Sample using a sampling technique with stratified random sampling method, as many as 98 samples from the total population of women of childbearing age (15-49 years) of 4870 people. This study uses a questionnaire and data analysis using the Chi Square test. The results of the study based on the Chi Square test showed that the Statistical Test Results obtained a sig (2-tailed) value of 0.001 which indicates that the value is smaller than 0.05 so that the p value  $< \alpha$  (0.05), then H1 is accepted. Conclusion from this study there is a relationship between knowledge of WUS about personal hygiene and the occurrence of vaginal discharge.

**Keywords:** Knowledge, Personal Hygiene, Vaginal Discharge, WUS.

## **BACKGROUND**

The high rate of vaginal discharge in the Krian Sidoarjo Health Center area is due to the fact that many women of childbearing age do not know about vaginal discharge, so they perceive vaginal discharge as something that is normal and trivial, besides that the feeling of embarrassment when women experience vaginal discharge often makes these women reluctant to consult a doctor. Even though vaginal discharge cannot be considered trivial, because the consequences of this vaginal discharge are very fatal if it is handled slowly, not only can it lead to infertility and ectopic pregnancy (Helmi, 2016)

Personal hygiene is one of the external factors that can change the PH balance of the vagina, characterized by the use of underwear that is too tight or other bad personal hygiene behaviors (Prasetyowati & Katharini, 2010). Besides that, the impact if you have poor personal hygiene is getting cervical cancer due to mistakes in cleaning the vagina when you have finished defecating or urinating (Hidayati et al, 2010). Currently, only about 30% of people carry out reproductive examinations, namely IVA, out of the 100% expected by the

government, this is due to the lack of public awareness to carry out early reproductive health checks (al Mangindo, 2017)

The number of women in the world who have experienced vaginal discharge is 75%, while European women who have experienced vaginal discharge are 25%. In Indonesia, as many as 75% of women have experienced vaginal discharge at least once in their life and 45% of them can experience vaginal discharge twice or more (BKKBN, 2011).

Menstrual regularity experienced by women of childbearing age, physiologically has the potential to cause vaginal discharge in women. Leucorrhoea or flour albus is all genital discharge that is not blood. Physiological vaginal discharge is found before menstruation, when sexual desire increases, and during pregnancy (Manuaba, 2010). In Indonesia alone, it was found that 75% of women have experienced vaginal discharge at least once in their lifetime and the remaining 45% may experience vaginal discharge twice or more in their lifetime (BKKBN 2009 in Adawiyah, 2015). Based on research results by Khuzaiyah, et al (2015). Pathological vaginal discharge is caused by a tumor or cancer, and infection occurs. Therefore, every woman should have diagnostic tests in the laboratory and pap smears for the possibility of malignancy. West Kalimantan is one of the provinces that has cases of sexually transmitted infections which are quite high and have increased every year. In 2010 there were 2,567 cases. (Fatimah, 2013)

In Sidoarjo district, the coverage of early detection of uterine cancer using the IVA method found positive IVA in mothers aged 30-50 years, found 230 people. Sidoarjo Health Office. 2018)

Ignorance of women of childbearing age about vaginal discharge or reproductive health will have a major impact on their own health. Which of these ignorance will result in behaviors that are not in accordance with what should be done to maintain reproductive health. (Sari, 2012), unbalanced pH levels can cause vaginal discharge, acidity levels are caused by 2 things, namely external factors and internal factors, external factors namely lack of maintaining personal hygiene, tight underwear, use of toilets contaminated with bacteria. (Kristiana, 2013)

Meanwhile, according to Bahari (2012), several ways to deal with leucorrhoea include: wearing clothes made from synthetic materials that are not tight, do not use dirty toilets because of the possibility of bacteria that can contaminate the female organs, change your underwear regularly, especially if you sweat, reduce consumption of sweet foods because it will increase the sugar level in urine and become a place for bacteria to grow, reduce the use of vaginal cleansers because it will kill normal microorganisms in the vagina, change pads regularly during menstruation, avoid changing partners, reduce tiring physical activities, and avoid using tissues which is too often.

Efforts to improve health services for women of childbearing age at the Krian Sidoarjo Health Center in the future are to improve service quality, promote and motivate young people about the importance of IVF examination. This research was conducted to increase knowledge related to personal hygiene. Leucorrhoea can be prevented through a healthy lifestyle such as cleaning the vagina after defecating with a front to back motion, drying the vagina with a single-wipe tissue, and not sitting on the toilet because vaginal discharge can be transmitted through toilet lip (Suwanti, 2016)

The results of the study May 7 2020 – May 20 2020 knowledge of WUS about personal hygiene in the puskesmas area that of the 98 respondents who were identified.

## METHOD

Knowledge	Total	%
1. Good	29	29,6
2. Enough	32	32,7
3. Not Enough	37	37,8
Total	98	100

The research design used in correlational research is a research method to determine the relationship between two or more variables. The approach used in this research is cross sectional. The population in this study were women of childbearing age aged 15-49 years in the Krian Sidoarjo Health Center area. The sample used in this study were some women of childbearing age who had been stratified at the Krian Sidoarjo Health Center as many as 98 respondents.

White Incident	Total	%
Physiological Vaginal Discharge	44	44.9
Pathological Vaginal Discharge	54	55,1
Total	98	100

The Health Center area was divided into 12 villages and 3 sub-districts. : Sedengan mijen, Sidomulyo, Wetan eggplant, Kulon eggplant, Kraton, Tarik, Junwangi, Packaging, Krian, Ponds, Kemerakan Ponds, Eggplant, Tropodo, Jaticalang and Jeruk Gamping with an area of 16,096 km<sup>2</sup> with different numbers of wus, in order to get the number of samples and the same opportunity. The sampling technique in this study used a stratified random sampling method. At the time of the research, this research was carried out on May 7 – May 20 2020. Meanwhile, to collect data, the researcher used a questionnaire instrument/measuring tool which contained closed ended questions that had been made by the previous researcher (Annisa Nurhayati). Data analysis techniques used used to test "Relationship between Knowledge of Wus aged 15-49 years about personal hygiene with vaginal discharge" using the Chi Square statistical test to determine the relationship between the independent and dependent variables with a confidence level of  $\alpha = 0.05$ . The calculation process is assisted by using the help of the Statistical Program for Social Science (SPSS) for Windows.

## RESULT

This chapter will describe the results of research on Wus knowledge about personal hygiene with vaginal discharge. Data were taken from 7 May 2020 to 20 May 2020 using a questionnaire. From the research above, 98 samples were obtained. In the characteristics of the respondents, it will be discussed about Wus knowledge about personal hygiene, the incidence of vaginal discharge and cross-tabulation of Wus knowledge about personal hygiene and vaginal discharge.

### 1. Respondents' knowledge of personal hygiene

Table 1. Distribution of Wus personal hygiene knowledge at the Krian Sidoarjo Health Center

Based on table. 1 shows that most of the respondents have less knowledge as many as 37 people (37.8%).

## 2. The incidence of vaginal discharge in women of childbearing age in the Krian Sidoarjo Health Center area

Table 2. Distribution of vaginal discharge at the Krian Sidoarjo Health Center

Based on table 2. Shows that most women of childbearing age at the Krian Sidoarjo health center experience pathological vaginal discharge as many as 55 people (55.1%)

## 3. Cross-tabulation of knowledge of young people aged 15-49 about personal hygiene with the incidence of vaginal discharge in the Krian Sidoarjo Health Center area.

vaginal discharge	Knowledge Of Personal Hygiene			Total
	Good	Enough	Not Enough	
Fisiologis	20 (20,4%)	15 (15,30%)	9(9,18)	44 (100%)
Patologis	9 (9.18%)	17 (17,3%)	28 (28.57%)	54 (100%)
Total	29 (29,6%)	32 (32,7%)	37 (37,8%)	98 (100%)

Based on table 3. It shows that most of the wus with less knowledge experience pathological leucorrhoea as many as 28 people (28.57%) and a small proportion of good knowledge experience pathological leucorrhoea as many as 9 people (9.18%) and sufficient knowledge experience pathological leucorrhoea as many as 15 people (15, 30%) Based on good knowledge of experiencing physiological vaginal discharge as many as 20 people (20.4%) sufficient knowledge of experiencing physiological vaginal discharge as many as 15 people (15.30%) and lacking knowledge of physiological vaginal discharge as many as 9 people (9.18%)

## DISCUSSION

### 1. Respondents' knowledge of personal hygiene

Independent research results Based on the table. 1. shows that most of the respondents have less knowledge as many as 37 people (37.8%) enough 32 people (32.7%) people, good 29 people (29.6%) Someone who does not have knowledge does not have a foundation in acting, because the behavior based on knowledge is more lasting than behavior that is not based on knowledge. Increasing knowledge can be done by increasing education, training, health education, and information through mass and electronic media. Health education is carried out by spreading messages and instilling the belief that mothers are not only aware, know, and understand, but also willing and able to carry out recommendations related to health (Machfoedz, et al. 2012). Many factors can affect a person's personal hygiene such as body image, knowledge, culture, socioeconomic , and the habits of women of childbearing age themselves. In this study, the researcher only discussed more specifically regarding the knowledge of performing personal hygiene resulting from the respondents' answers to the personal hygiene questionnaire. Other factors such as socioeconomics and knowledge, the researcher only explained in general from the characteristics of the respondents based on their age of education and employment. Personal hygiene is self-care carried out to maintain health, both physically and psychosocially.

Factors that influence knowledge can be seen from the age of the respondents, most of whom were > 20 years old, namely 41 people (41.8%), the education of WUS, most of whom were junior high school, namely 45 people (45.9%), and the majority of WUS did not work as many as 68 people (69.4%). The respondent's lack of knowledge here can be seen from the very young age of the respondent. This is due to the lack of information obtained by the respondent and the lack of willingness to consult with health workers. Counseling is a means

for youth to obtain information about personal hygiene. Counseling is usually carried out in the environment where the wus lives, in a hospital or health center where they check personal hygiene complaints. This should be done by health workers, so that the wus can apply personal hygiene. With the development of technology, wus can add to their insights about personal hygiene itself through the internet so that wus know and if at any time experience a complaint they can immediately ask for medical help so that it can be handled as soon as possible. Knowledge of personal hygiene itself, if applied, can reduce the number of maternal deaths due to cervical cancer. If the knowledge possessed by Wus is not applied in the right manner, it will affect diseases of the female organs.

## **2. Incidence of vaginal discharge in women of childbearing age in the Krian Sidoarjo Health Center area**

Based on the table. 2 shows that most of the 54 people (55.1%) with vaginal discharge at the Krian Sidoarjo Health Center experienced pathological vaginal discharge. The researchers assumed that the vaginal discharge rate in the Krian Health Center area was caused by the low knowledge of WUS about leucorrhoea, they did not know the signs and symptoms of leucorrhoea, they considered vaginal discharge a trivial matter that did not need to be examined. , 2012). Excess of the hormone Progesterone can cause vaginal discharge, Leucorrhoea that comes out of the vagina is caused by the hormone Progesterone which is changing vaginal flora and pH, so that yeast easily grows in the vagina and causes vaginal discharge (Winkjosastro, 2005). Unhygienic behavior such as washing dirty water, underwear not absorbing sweat, using poor sanitary napkins is one of the factors causing vaginal discharge (Ayuningsih, Teviningrum and Krisnawati, 2010).

The characteristics of leucorrhoea, especially pathological leucorrhoea, are thick white like milk, greenish, smell rancid, itchy and reddish, this is in line with Nur Fadilah's research, the number of respondents with less knowledge was 53 respondents with a percentage of 82.8%. This is different from research. Annisa who shows good knowledge of 60 people and bad knowledge of 60 people, namely 50%.

The researcher assumed that the high vaginal discharge in the Krian Health Center area was caused by the low knowledge of vaginal discharge about vaginal discharge. It was found that many respondents answered incorrectly about using underwear made of good cotton to absorb sweat, what water is good for washing the vagina with the bad habit of washing the vagina as long as washing without paying attention to the correct technique, namely washing from front to back, using feminine hygiene tools every day thinking it's good even though it can kill good bacteria that can keep the vagina moist, and the habit of letting it get wet.

## **CONCLUSION**

From the results of this study, it can be concluded that of the 98 respondents studied, the majority of respondents with less knowledge about personal hygiene were 37 people (37.8%). The results of cross-tabulation of respondents' knowledge were lacking about personal hygiene with pathological vaginal discharge as many as 28 people (28.57%). The results of this study indicate that there is a relationship between WUS regarding personal hygiene and the incidence of vaginal discharge.

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